Solution #flushyourmeds Scott Barry ;
By Scott A. Barry / Scott A Barry / Scott Barry ... ;
Step Null : Veracrypt LUKS 7zip as AES Geli NomadBSD ... ;
Step NA : One-Time Pads AZ010SP*RANDOMThreeDigits ... ;
Step Zero : Make Sure you never run any deprecated Software
and are on the Latest Linux Kernel Sixty Four Bit etc, on
Arch Arco Linux "pacman -Syu -Sc" is what I run anyways,
Make Sure all ports are closed nmap localhost and public
ip, ippcups is a harmless port, make sure user passwd and
root passwd are set, make sure drive is ssd and luks or
geli encrypted, make sure BIOS password, never ever use
wireless, if you can avoid any and all wireless, public
wifi is a no go. Bluetooth causes cancer anyways we already
know that, Also Spoof your Mac Address to a RANDOM or
Uniform as you do not ever want to give out your Mac
Address, make sure you are using google 8888 or quad nine
9999 DNS, also Modify your Hosts file so it blocks most
major malware domains you can get the Ultimat Hosts file
list for Windows Mac or Linux, also GUFW as a firewall very
easy or use IPTABLES PFSENSE or a PI Hole from a Raspberry
PI and filter out all your internet traffick so you don't
see ads, Sure VPNs are free we already know that, there is
Brave, Tor Browser, Puter Dot Com in Private Tab as this
has a VPN where you are listed as having a different ISP
and IP address, You can also Make Your Own VPN in Oracle
Cloud or any server, or even Linode, Proton VPN is Trash,
we know that, oh well, Now for Chromium, Firefox, Brave,
etc, install Ublock Origin, Privacy Badger, Decentraleyes,
Canvas Blocker, HTTPS Everywhere, Return YTD, Downthemall,
and you will be fine blocking them, also In VirtualBOX, you
have The Latest 64Bit Puppy Linux which has you can run it
as a LIVE OS and you would have Virtual HW inside of SW
which would protect your very BOIS from being ttacked by
some kind of malware, also Putercom is a VM online
which you can go to in Private TAB and run Browser and
choose your IP Address when you first run it, it is also a
VPN and TOR Browser was not meant to be run Full Screen do
not do that, and Tails is Deprecated so less people
maintaining it so again it is a LIVE OS and from what I can
tell if you do not set any pw and run as live it could do
anything to the machine and VM is the only way

aka VirtualBox BC, VirtualBox is Virtual HW and when you run Virtual
HW you are protecting your very BIOS which Some Malware not all will
go out and destroy either Firmware or The BIOS and the only way to
prevent such a thing is Virtualbox Qemu or some other Virtual Machine,
and again, if you run a Live OS non virtualized with no PW set JD, then
some exploit could overwrite firmware either destroying HW or The BIOS.
This is just something to consider, I have heard of people going to
some random link on The Pirate Bay and an exploit replaced their BIOS
Boot Splash Screen with FBI Lock and they could even boot from a Live
USB of a Windows Installer or a Linux Installer and it was that bad so
again, Virtualbox has to be the only safe way to ever use a Computer,
not to mention on Live OSes of Linux PWs are not set and all it takes
is Two Commands in The Terminal To Destroy The BIOS of the Computer,
you can look up those commands I'm not gonna waste my time on it though,
also, Sure OSes have stricter permissions, I am just saying, all it takes
is one lame ass exploit a Skid wrote and a Live OS of Linux, to test this
out we have generate.sh and what that does is goes in instant root and
overwrites firmware and replaces the BIOS Screen with FBI Lock and then
you know that is what the reason Why nobody trusts a computer unless the OS
is running in VirtualBOX or you go to Puter Dot Com and use their online
VM that also includes a Free VPN in their Browser that is, which is kind

of useful, compared to Proton VPN most of the time Proton was Defective,
I am mostly using embedded stuff for that same reason e.g. Sony ICD-PX 470,
a Degoogle Phone with Graphene OS, No GMAILS EMAILS linked to it, all apps
purged off and removed, only a few apps on it, Netguard with every app
blocked, and Alphanumeric Password instead of a PIN as Pins are useless,
and not to mention a Scanner, DVD Player for MP4, a Dumb Smart TV Vizio,
The Dumb Smart TVs are hard to get, I mostly Smash TVS as they are Propaganda
and I already did my Kundalini and realize The Holocaust is a Hoax just
as Brian Ruhe, Alfred Schaefer, Mark Collett, David Duke realized, also
WiFi Sucks, I am using Linksys WN111V2 BrosTrend on Arco Linux and it works,
and not to mention, Jitsi with Sennheiser HP, Kiwiirc dot net, webliberachat,
all of those are good, sip to sip calls, No IMEI number on other phone, and
also, OBS, Kdenlive, ffmpeg, VLC, MPV, Audacity are my main Media Products,
and Gimp, Mtpaint, Libreoffice, Librecad, Kate Edit as my other Products,
I think I use Linux BC I do not spend that much extra on Computers I go as
cheap as possible and get a Computer with No Operating System or A Virus
on it, Remove the Virus, Reset The BIOS by Taking out clock battery, and
holding power and then updating the BIOS ROM back to latest version with
a BIOS flasher which again could break the system, but I do not care I only
do that once and leave the BIOS alone as I do not want to brick it YKWIM ... ;
For Filesystems I have always used Fat32 for Small Files Exfat and I call

the other FS not that file system I never use that one, then Ext4 for Linux
and Luks for Linux, I never considered BSD as it had way too many problems
and Linux is still Less Lines of Code and Minix is better than Linux in
terms of LOC so Redox OS would be a lighter option, people only want Linux
BC it runs OBS for video making, and OBS is what all major content creators
use, also I never watch Television ever or Listen to Propaganda on Radio,
also Hollywood is all Propaganda as well, and Masks and Vaccines Do Not
Work, also Global Warming is a Hoax along with the Holocaust and Covid,
and not to mention, I ditched all Hard Dives and Optical for only solid
state storage eg flash drives solid state drives and put it in lock boxes
ammo cans other things like that, and why the hell am I even bothering to
talk about any of this, all I can say is there is no water crisis there is
already wells for primary water on twety other parts of earth primarywaterorg
is an actual WS FSForg is a WS GNUorg is a WS stopthecrimenet is a WS and
you can go there, Fasting on Ozonated Water already cures cancer and so does
Lemons or Citrus so anybody telling you otherwise is a Propanda paid shill
actor, there is no science to Psychiatry it is only DSM opinion and that is it,
not to mention Zyklon B is a De-lousing agent and that is all it is, Jewish
Bankers funded both WWI and WWII world war one and two and not to mention
Winston Churchhill was responsible for the famines and everything Public School
a Prussian Model System has told us about Winston Churchhill was a lie and was

propaganda he was respobsible for all the deaths and famines in different parts
of the world, communism is Jewish and Karl Marx had Jewish Parents, not only that
Jews started Pornography, Rap Music, Open Borders, Hollywood Smut, Trash Denerate
Programming in Television and Movies that is why people in the CIA will tell you
to never watch the Television as it is the greatest Scientific Indoctrination tool
ever devised and not only that you getting all your stuff from Jewish Reuters and
The Associated Press which are linked in with these six Jew Owned Media Companies
which are GE, Viacom, Time Warner, Newscorporation, CBS, Walt Disney, those six
control all press and every time you search something in a search engine never do
you ever see Holocaust Revision Websites which are often hosted on Home Servers,
instead you see the same six jewish media companies and that is it, not only that
if you have a Registrar they will censor you so a Home Server is your best friend
when it comes to Freedom of Speech, all the Search Engines Archiveorg Archivetoday
Permacc Google DuckDuckGo Baidu Startpage Qwant Seeker Yandex are all controlled
by Talmudic Jews and Radical Zionists and we all know this that is why so many
different Holocaust Revision Websites such as Holywarorg and Judicial-inc-biz are
all hosted on Independent Servers and not Domin Name Registrars e.g. Someones
Playstation Home Server running Fedora Linux or something like that is always gonna
be the case for various Holocaust Revision Websites on the Internet, some of them
are found on Tor, I2P, Freenet or any other Dark Web service, that is why if you
search Holocaust Revision Stuff into a peer2peer or bittorrent network stuff will

show up that is not on conventional Internet Search Engines and we all know this to be the case all of the organized stalking or Gang Stalking is Ran by Sheriff's Departments and Freemason HOS at the Bottom B'nai B'rith at the TOP and we know that the Freemasons are The Government aka the HOS at the Bottom whilst B'nai B'rith of the ADL is at the Top and they defended Pedophile Leo Frank who was a child rapist and they do smear campains on other people just trying to figure out history on what actually really happend during world war one and two which BTW you will pay a hefty price giving out the non victor version of history that the Prussian Public Schools do not want being taught and this is why all it is is pure indoctrination, these telepaths and remote viewers are Freemasonic Stalkers tied in with the Federal Government and Secret Government Mafia and we all know this it is nothing new, they can continue eating their microwave foods and lower their sperm count for all I care, we see through all their propaganda and BS, Ghosts will tell you there is no light in The Afterlife and that Alex Collier is a New Age BSer and that all it takes is all a little bit of questioning of the Status Quo to Realize Martians wrote Organized Religion as cult and Christianity is not Paganism it is a tool of the Jews to Subdue the Goyim and todays Christians are only cherry pickers who fail to comprehend the rest of Deutoronomy Thirteen and what it says and dictates so all of them are clearly cherry pickers and Hypocrytes and not to mention we Humans and Black People aka Homo Erectus just become Telepathic Ghosts that see every segment of space time there is no light or soul contract like Alex Colliers Bogus Claims said and your Ghost just then dies and becomes ten other telepathic beings with unkonwn names and we just ascend to another planet as reincarnation is a fairy tale that does not exist and Martains just reated organized religion as a cult control tool to pacify the masses just as Talmudic Jews Created Porn and Movie Smut to Pacify the Goyim as they are also Martians as well. ;
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--Scott Alan Barry is an Atheist Holocaust Denier Dunce God is SCALAR ... ;